

Deliciously Simple Meatballs

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/simply-organic-italian-seasoning-recipe>

Ingredients:

- 1 egg
- 1 tablespoon minced garlic
- 1 pound ground beef – organic and grass-fed preferably
- 1 teaspoon salt or onion salt
- 1/2 teaspoon paprika
- 1 teaspoon italian seasoning

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 130 milligrams
4. Fat: 18 grams
5. Protein: 23 grams
6. SaturatedFat: 7 grams
7. Sodium: 680 milligrams
8. TransFat: 1 grams

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